

Three Bean Chili



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Recipe by: Laura Vitale

Serves 6 to 8

Prep Time: 15 minutes

Cook Time: 1 hours 40 minutes

Ingredients

- __ 2 Tbsp of Olive Oil
- __ 1 Large Onion, diced
- __ 1 Red Bell Pepper, seeded and diced
- __ 2 Poblano Peppers, seeded and finely chopped
- __ 2 Carrots, peeled and diced
- __ 3 Cloves of Garlic, minced
- __ 2 Tbsp of Chili Powder
- __ 2 tsp of Ground Cumin
- __ 1 tsp of Granulated Onion
- __ 1 tsp of of Granulated Garlic
- __ 1 tsp of Paprika
- __ 2 Tbsp of Brown Sugar
- __ 1 tsp of Dried Oregano
- __ 3/4 cup of Beer
- __ 1/4 cup of Tomato Paste
- __ 3 cups of Veggie Stock
- __ 1 15oz oz can of Chopped Tomatoes
- __ 1 15oz can of Red Kidney Beans, drained and rinsed
- __ 1 15oz can of Black Beans, drained and rinsed
- __ 1 15oz can of Chickpeas, drained and rinsed
- __ 15oz can of Sweet Corn Kernels, drained and rinsed
- __ Salt and Pepper, to taste

1) In a large pot, add the oil, preheat it over medium heat, add the onions, peppers and carrots and cook for about 10 minutes or until they develop some color and cook down a bit.

2) Add the garlic, cook for 30 seconds, add the beer, the spices, tomato paste, diced tomatoes, stock, all the beans and corn, bring to a boil, reduce the heat to medium low and simmer for about an hour and a half.

3) Season with salt and pepper to taste and serve with some fresh chopped scallions and cilantro and a dollop of sour cream.

